## **Ninth Annual**

# Traditional & Green Skills Event

Saturday, March 9, 2019 8:00 a.m. – 3:15 p.m.

Prairie Farm High School, 630 River Ave. S. Prairie Farm

Sponsored by Hay River Transition Initiative and Prairie Farm Community Education

**Registration & Coffee Hour** 

8:00 - 9:00

Socializing, coffee, tea, milk and goodies

Commons Area

**Session 1** 

9:15 - 10:00

**Growing Flowers for Cutting** 

With Maggie Sheehan

Growing seasonal cut flowers from seed to bloom. For both farmers and gardeners: benefits, challenges, beneficial insects, improving biodiversity.

Appreciation, Gratitude, Mindfulness, Contentment With John Samuelson

English

Introduction to a more meditative way of living. Plant Medicine: Balms, Oils, Tinctures

FC/E

With Lisa Kofakis

Instructions on general tincture & balm making. Make a simple calendula flower balm and medicinal pickled garlic in class!

**Introduction to Basic First Aid** With Katie Bovee

History

Learn from an advanced EMT! Essential elements of wound management, what to do in medical/environmental emergencies, resources for continuing education.

Farm Accounting and Taxes

Math

With Matt Hoff Learn the basics and get briefed on the latest state and federal tax changes.

Tech Ed **Grass Farming** 

With Isaiah Grinder

Bring animals to their food, instead of food to your animals! Basics of raising cattle, pigs and chicken on pasture using temporary electric fencing.



## Join us for a full day of learning from local teachers!

No pre-registration required, just pay at the door:

- \$12 per person, age 12 and up
- \$7 per person, under age 12
- \$30 per family of 5 or fewer

Includes coffee, workshops, lunch, and local products bazaar!

For more info, please call George Adams at 715-455-1652 (george@hayriv.com) or Sue Gerlach at 651-270-5129 (sendmail2sue@gmail.com)

Class schedule subject to change without notice.

Session 2

10:15 - 11:45

#### **Encouraging & Propagating Wild Food Plants**

Sam Thaver

Increase your low-maintenance wild food sources through transplanting, thinning, mulching, layering, etc.

**Survival Bags** Ian Szalai

English

What to include for the basics of survival.

**Roots Revival: West to East** 

FC/E

With Brett Laidlaw

Recipes and techniques to breathe new life into root cellar stalwarts, from French and Russian salads to Asian pickles and ferments.

**Amish Living & Traditions** With John Miller

History

Amish presenter discusses the Amish lifestyle, skills and traditions

Beekeeping

With Thomas Prescott & Dave Wolske Learn about beekeeping from the Dunn County Beekeepers

**Timber Framing** 

Shop

Math

With Jon Anderson

Explore traditional timber framing craftsmanship using hand-tools, including mortise & tenon cutting, making pegs, and "Square Rule" methods. Assemble a timber-framed sawhorse using hand-cut draw-boring pegs to pull joints tight.

LUNCH **Multipurpose Room** 

Visit the Local Products Bazaar in the Commons Area!

### Session 3

<u>1:00 - 1:45</u>

26 Native Plants All Wisconsinites Should Know

If you walk in native woods or prairies, you will enjoy learning more about these plants you may already recognize!

Qigong - Movement for Health

**Business** 

With Mark Stuber

Slow, coordinated movement exercises for better energy, circulation, balance and relaxation.

English

**Trees for Our Future** With Douglas Owen-Pike

Given our changing climate, come learn about principles to consider when adding diversity to your forest or home landscape. Developing a School/Community Garden

With Jean Wallner

FC/E

Organizing from the ground up!

**Home-Building with Minimal Expenses** With Brenda Falk & LouAnn Binfield

History

Sharing first-hand experience in minimizing expenses - downsizing to a camper during construction, using repurposed materials, building it yourself.

**Growing Elderberries** 

Math

With Natasha Simeon If you are considering adding fruit diversity, put elderberry on your list!

Alpacas 101

Tech Ed

With Jess & Chris Fredericks

Everything you ever wanted to know about alpacas.

Session 4

Kombucha

With Deborah Scherz and Jennie Nesseth, Kompass Kombucha shows how to create this healthy, sparkling beverage.

**Animal Management - Their Point of View** With Nancy Frank

Tricks from a pro on how to best respond to the needs of your animals.

**Show & Tell: Sharing Solutions** With Many of Your Neighbors

English

**Business** 

See demonstrations of over 20 nifty practical ideas to solve unique challenges - from

blocking the wind to keeping the deer out to cleaning seed to watering ducks in winte

using a broad fork...and more! **Making Lefse** 

FC/E

With Katie Bovee Boiling & mashing potatoes, rolling dough, slipping onto a hot griddle, and keeping our lefse stories alive. New tools added from last year's class. And of course tasty samples!

Amish Living & Traditions [repeat from Session 2] With John Miller

Amish presenter discusses the Amish lifestyle, skills and traditions Manage Buckthorn with Goats/Green Methods

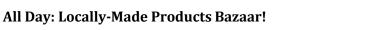
Math

With Allysse Sorensen

European buckthorn may be hurting your crops, native plants, and song birds. Learn identification & "green" control techniques including goats to manage this invasive.

**Bicycle Repair & Maintenance** With Tony Kofakis

Bike basics every rider should know.



Discover your talented neighbors! Shop local vendors for quality products and services!

